

MINI MOVERS - WEEK THREE

Carry
Leap
Twist

Use of skills

Remember that when you planning around the 3 skills, it helps:

- you focus on observing and assessing these specific skills.
- you identify skills where children require additional support.
- you to develop new activities on a regular basis.
- children develop more and develop a wider variety of skills.

Using this Resource

1. Learn about each skill on page 2.
2. Print off flashcards on page 3 and 4 for the activities and to place around your setting. Use Mini Moves cards if you have them.
3. Plan activities based on the skills for your PE lessons, for daily activities and to send ideas home.

Activity Ideas

Suggestions when planning activities with the skills:

- Active stories – create your own or add to existing stories
- Dancing/movement to music
- Obstacle courses
- Games
- Combining two or all three moves to create new activities.
- Add skills to existing activities.
- Place the words or images of children doing the skills around your indoor and outdoor areas so that your children can try them in their own time (after you have shown them what the skills look and feel like).
- Share your weekly skills with parents, giving children more opportunity to develop the skills in different environments.

WEEK THREE SKILLS



Carry

Carrying objects with hands, on head, on shoulder, on forearm, on one bent knee (possibly while hopping on the other leg).

Carrying an object with another vessel (such as a ball on a racket, toy in a bucket, beanbag in a bowl).

Carrying small objects will support fine motor development.

Carrying heavy objects will support the development of arm strength.

Carrying objects on different body parts will support balance.



Leap

A continuous leap is a series of leaps (otherwise known as an exaggerated run).

Method

Ask the child to go over a space or an object leading with one foot and landing on the other.

Things to Try

- Start with children leaping over lines, then low objects and progress with the height as and when they are ready.
- Leap from lily pad to lily pad (using spots as lily pads).



Twist

Method

The child should hold their lower body still while turning their torso at their waist, avoiding turning their whole body.

Eventually children can do windmills, where they stand with feet apart, bend down at the waist and touch their left foot with right hand and vice versa.

Things to Try

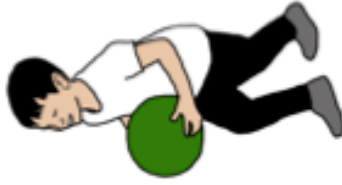
Children can practice by standing on the spot and looking over their shoulders, how far can they see behind them?

Help children to understand using imaginative examples in active stories, such as look over your shoulder to see

Leap



Carry



Twist



Leap

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